



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01056, Cream, sour, cultured

Report Date: July 05, 2017 03:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	73.07	6	0.455	71.32	74.89	2.0	71.182	74.959	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	198	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	830	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein ¹	g	2.44	10	0.204	1.53	3.13	7.0	1.953	2.931	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) ¹	g	19.35	6	0.152	17.65	20.26	3.0	18.811	19.884	1	Analytical or derived from analytical	--	02/2015
Ash ¹	g	0.51	10	0.036	0.36	0.68	5.0	0.416	0.598	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	4.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary ²	g	0.0	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sugars, total ¹	g	3.41	4	0.189	3.1	3.7	1.0	1.729	5.089	1	Analytical or derived from analytical	--	02/2015

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Sucrose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Glucose (dextrose) 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose 1	g	3.41	4	0.189	3.1	3.7	1.0	1.729	5.089	1	Analytical or derived from analytical	--	02/2015
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Starch 2	g	0.00	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Minerals													
Calcium, Ca 1	mg	101	10	0.921	97	108	5.0	98.863	103.57	1	Analytical or derived from analytical	--	02/2015
Iron, Fe 1	mg	0.07	10	0.000	0.07	0.07	8.0	0.073	0.073	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg 1	mg	10	10	0.065	9	10	5.0	9.523	9.853	1	Analytical or derived from analytical	--	06/2008

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Phosphorus, P 1	mg	76	10	0.892	73	81	5.0	73.557	78.09	1	Analytical or derived from analytical	--	02/2015
Potassium, K 1	mg	125	10	1.876	106	134	8.0	120.401	129.053	1	Analytical or derived from analytical	--	02/2015
Sodium, Na 1	mg	31	10	0.817	27	37	7.0	29.456	33.291	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn 1	mg	0.33	10	0.006	0.3	0.35	8.0	0.313	0.339	1	Analytical or derived from analytical	--	02/2015
Copper, Cu 1	mg	0.018	10	0.000	0.02	0.02	8.0	0.018	0.018	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn 1	mg	0.015	10	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	02/2015
Selenium, Se 1	µg	3.7	4	0.055	3.5	4.1	2.0	3.42	3.901	1	Analytical or derived from analytical	--	02/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin 1	mg	0.020	4	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2015
Riboflavin 1	mg	0.168	4	0.004	0.16	0.18	1.0	0.138	0.198	1	Analytical or derived from analytical	--	02/2015

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Niacin 1	mg	0.093	4	0.001	0.07	0.1	1.0	0.076	0.11	1	Analytical or derived from analytical	--	02/2015
Pantothenic acid 1	mg	0.472	4	0.026	0.37	0.52	2.0	0.344	0.6	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 1	mg	0.041	4	0.002	0.04	0.05	1.0	0.026	0.055	1	Analytical or derived from analytical	--	02/2015
Folate, total 1	μg	6	2	--	4	7	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	6	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total 2 3	mg	19.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 2 3	mg	0.6	2	--	0.5	0.8	1.0	--	--	2	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1	μg	0.21	4	0.037	0.15	0.27	1.0	-0.192	0.608	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Retinol ¹	µg	121	4	11.370	98	171	2.0	61.886	180.934	1	Analytical or derived from analytical	--	02/2015
Carotene, beta ¹	µg	25	4	1.565	21	32	1.0	11.335	38.509	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha ¹	µg	0	4	0.062	0	1	1.0	-0.007	0.949	1	Analytical or derived from analytical	--	06/2008
Cryptoxanthin, beta ¹	µg	1	4	0.077	0	1	2.0	0.234	0.935	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	447	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene ¹	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lutein + zeaxanthin ¹	µg	4	4	0.527	2	5	2.0	1.969	6.651	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.38	4	0.023	0.33	0.44	2.0	0.277	0.482	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma ¹	mg	0.30	4	0.042	0.22	0.52	1.0	-0.203	0.803	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Vitamin K (phylloquinone) ¹	µg	1.5	2	--	1.4	1.5	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lipids													
Fatty acids, total saturated	g	10.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 ¹	g	0.031	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
6:0 ¹	g	0.203	6	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

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8:0 1	g	0.145	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
10:0 1	g	0.378	6	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
12:0 1	g	0.447	6	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
14:0 1	g	1.626	6	0.024	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
15:0 1	g	0.171	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:0 1	g	5.154	6	0.125	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
17:0 1	g	0.108	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:0 1	g	1.832	6	0.058	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:0 1	g	0.027	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:0 1	g	0.011	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
Fatty acids, total monounsaturated	g	4.594	--	--	--	--	--	--	--	--	Calculated or imputed		-- 02/2015
14:1 ¹	g	0.134	6	0.006	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
15:1 ²	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2009
16:1 undifferentiated ¹	g	0.294	6	0.010	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
16:1 c ¹	g	0.294	6	0.010	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
17:1 ¹	g	0.007	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 undifferentiated ¹	g	4.129	6	0.087	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 c ¹	g	3.463	6	0.058	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 t ¹	g	0.666	6	0.029	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.029	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
24:1 c ¹	g	0.001	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	0.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated ¹	g	0.648	6	0.025	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c ¹	g	0.438	6	0.027	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs ¹	g	0.081	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined ¹	g	0.130	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated ¹	g	0.074	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.068	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c ¹	g	0.008	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated ¹	g	0.019	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 ¹	g	0.018	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated ¹	g	0.025	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) ¹	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:4 ¹	g	0.001	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) ¹	g	0.011	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) ¹	g	0.001	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.796	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	0.666	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol ¹	mg	59	6	0.863	53	62	2.0	55.31	61.735	1	Analytical or derived from analytical	--	02/2015
Amino Acids													
Tryptophan ²	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Threonine ²	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Isoleucine ²	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Leucine ²	g	0.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lysine ²	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Methionine ²	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Cystine ²	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Phenylalanine ²	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 2	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Valine 2	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Arginine 2	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Histidine 2	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Alanine 2	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Aspartic acid 2	g	0.262	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Glutamic acid 2	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Glycine 2	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Proline 2	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Serine 2	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Isoflavones													
Genistein ⁴	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁴	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

⁴Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298